



Famine Early Warning Systems Network

# Understanding Malnutrition

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## Conceptual frameworks

*Session 3*

# Learning objective

**I/We will learn** ...The immediate and underlying causes of malnutrition and their inter-relationships using a conceptual frameworks.

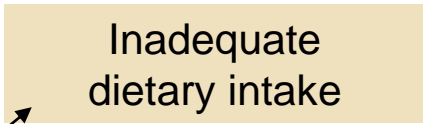
Its not simply lack of food that leads to malnutrition....

# UNICEF-Malnutrition conceptual framework

OUTCOMES



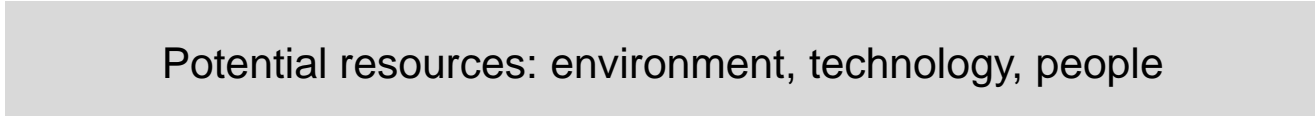
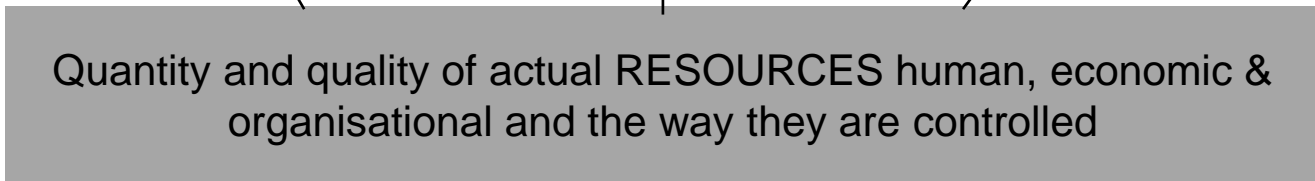
IMMEDIATE CAUSES



UNDERLYING CAUSES AT HOUSEHOLD/ FAMILY LEVEL

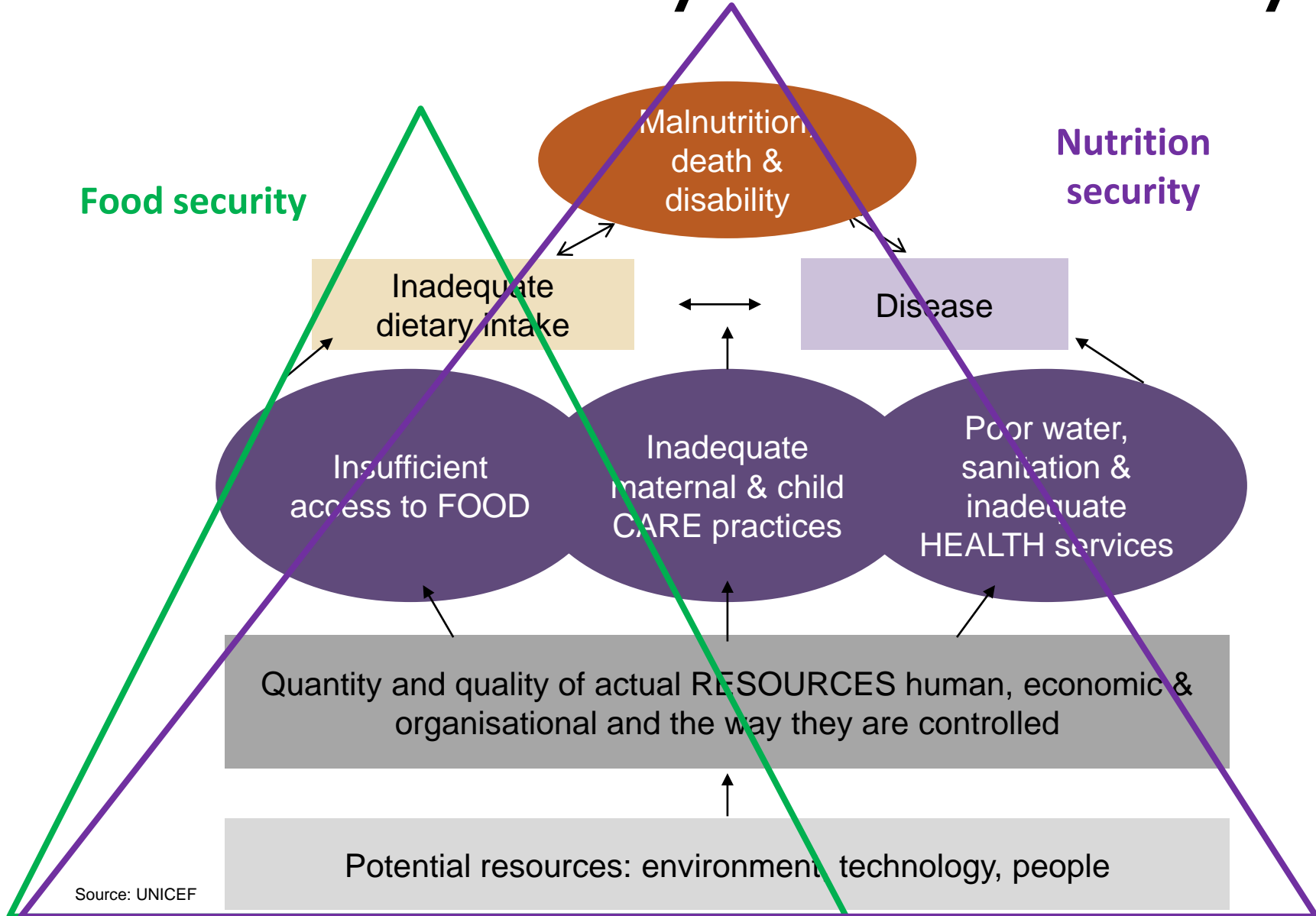


BASIC CAUSES IN SOCIETY



Source: UNICEF

# From food security to nutrition security

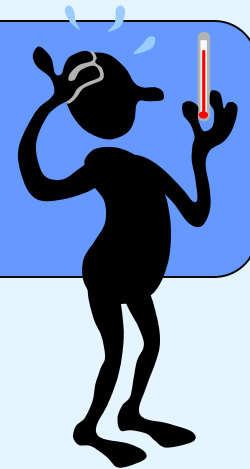
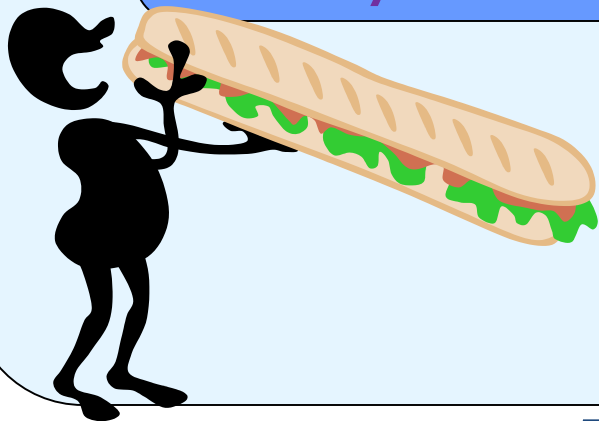


# What are immediate causes of Malnutrition?

In an individual, malnutrition is as a result of either:

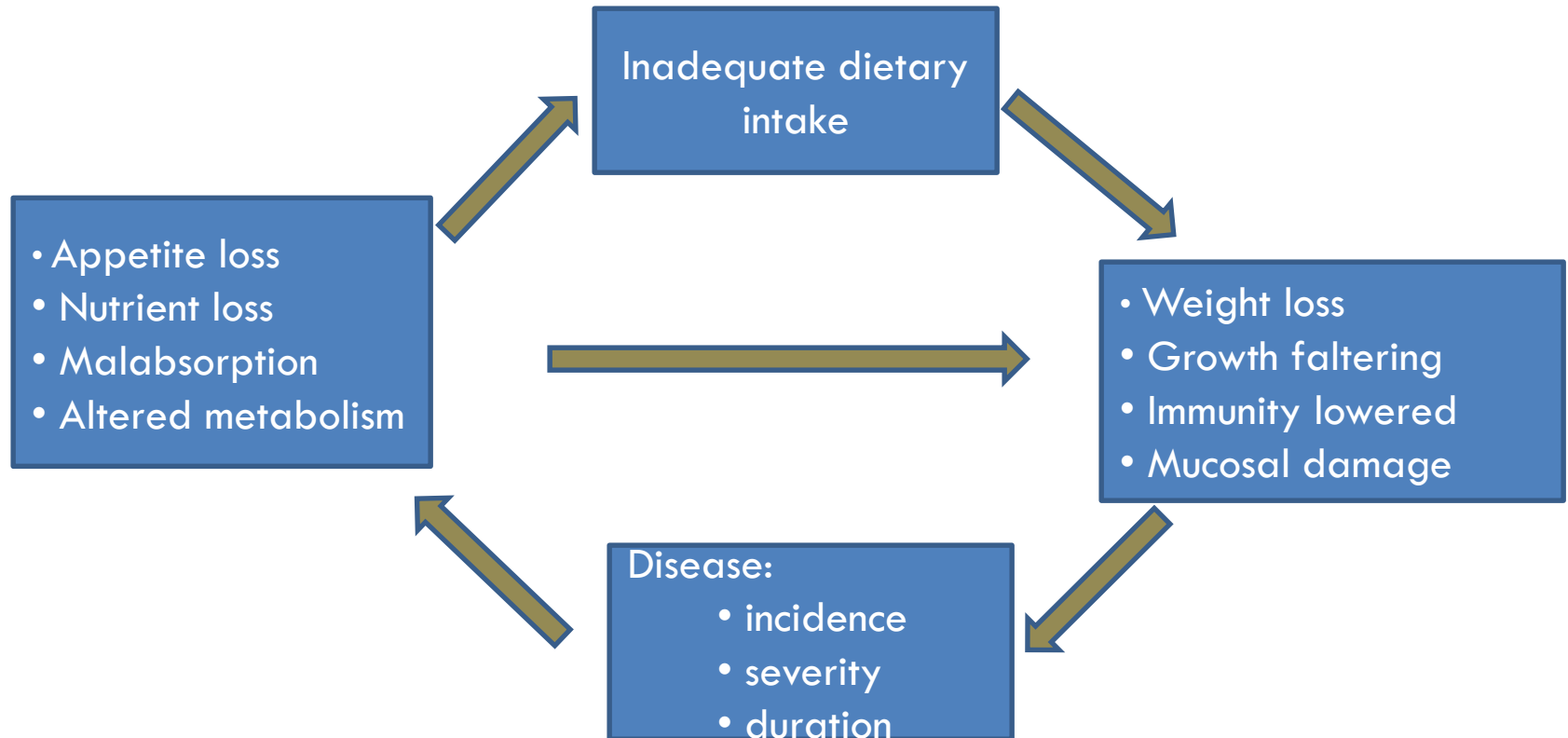
An inadequate dietary intake

Infection/  
Diseases

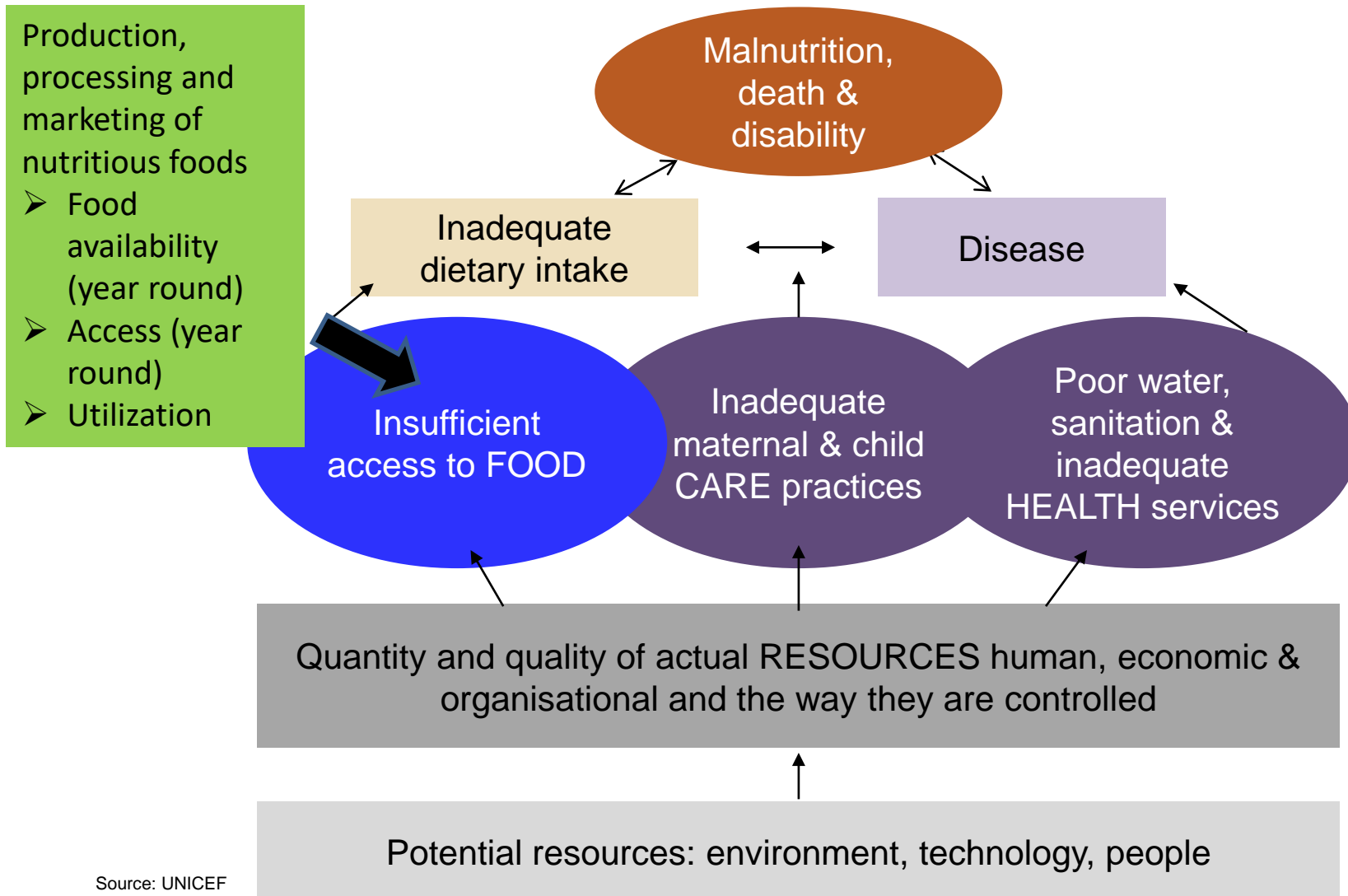


A combination of both

# Malnutrition/Infection cycle



# Underlying causes of malnutrition



# Access to food through...

## Household Food Production...





# Access to food through... Markets.....



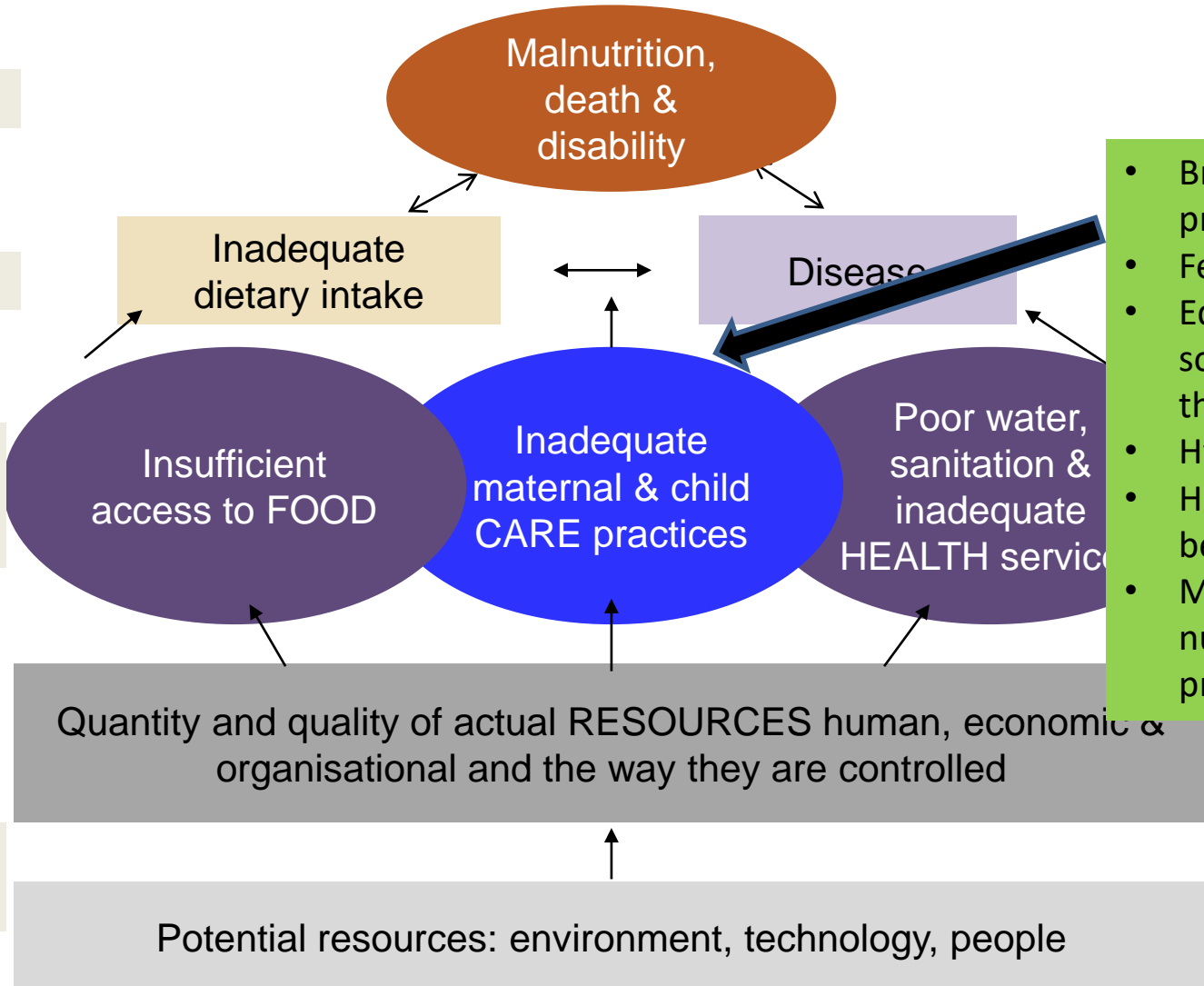
# Underlying causes

OUTCOMES

IMMEDIATE CAUSES

UNDERLYING CAUSES AT HOUSEHOLD/ FAMILY LEVEL

BASIC CAUSES IN SOCIETY



- Breastfeeding practices
- Feeding patterns
- Education and social status of the mother
- Hygiene practices
- Health seeking behaviors
- Maternal nutrition during pregnancy

# Who are primary care givers?



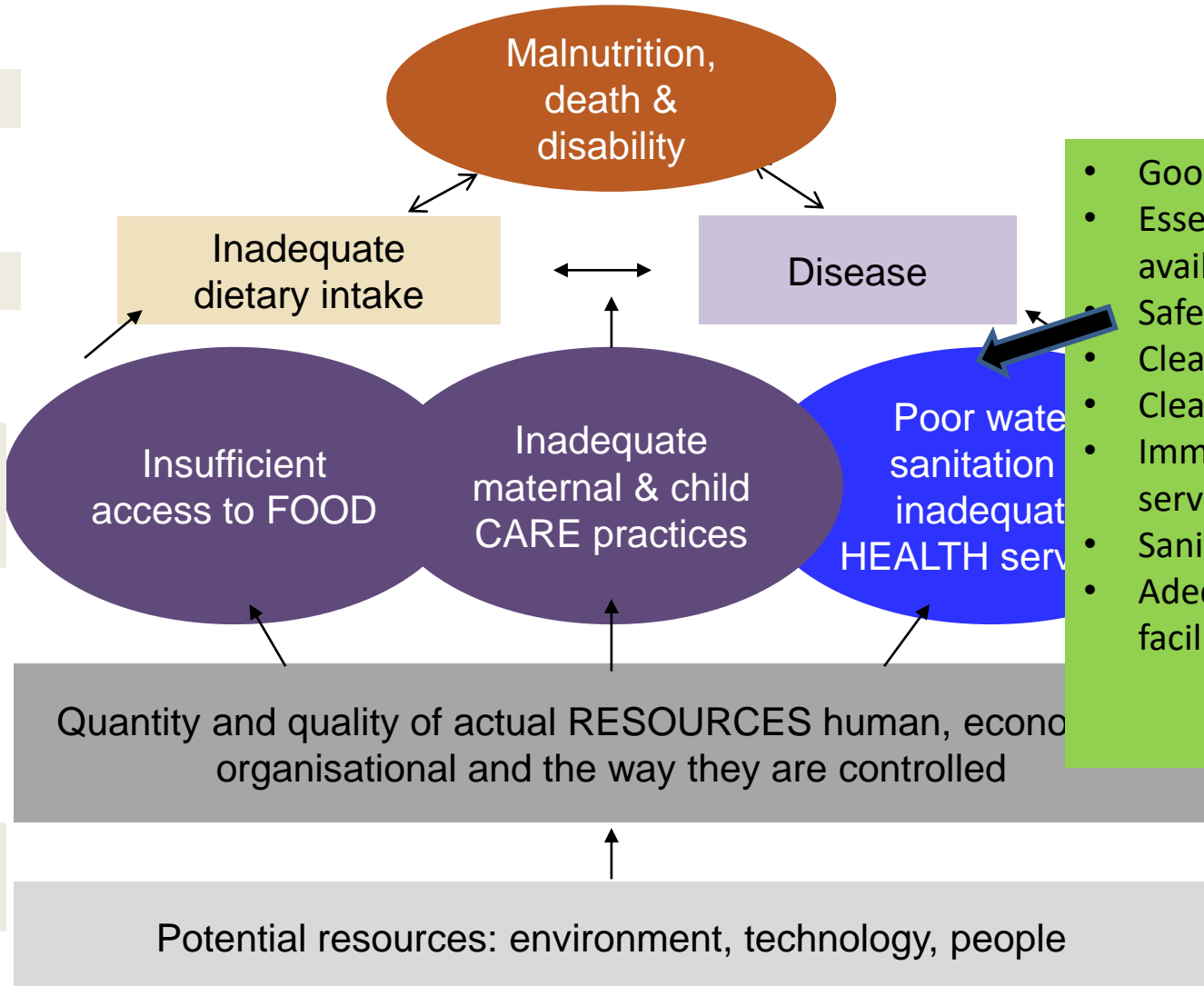
# Underlying causes...

**OUTCOMES**

**IMMEDIATE CAUSES**

**UNDERLYING CAUSES AT HOUSEHOLD/ FAMILY LEVEL**

**BASIC CAUSES IN SOCIETY**



- Good quality health
- Essential drugs availability
- Safe water supplies
- Clean housing
- Clean environment
- Immunization services
- Sanitary facilities
- Adequate health facilities

# HYGIENE



# SANITATION



# SHELTER



**Look at the difference in the following health environments. Which do you think is most healthy?**



Sparsely populated settled population in an arid climate



# Overcrowded, self-settled refugees in Eastern Ethiopia



# Temporary encampments in unsanitary and cold conditions



# WATER SOURCE & TRANSPORT



# Basic causes of malnutrition

OUTCOMES

Malnutrition,  
death &  
disability

IMMEDIATE CAUSES

Inadequate  
dietary intake

Disease

UNDERLYING CAUSES AT  
HOUSEHOLD/  
FAMILY LEVEL

Insufficient  
access to FOOD

Inadequate  
maternal &  
child CARE  
practices

Poor water,  
sanitation &  
inadequate  
HEALTH services

Quantity and quality of actual RESOURCES human,  
economic & organisational and the way they are  
controlled

Natural and  
human  
resource  
management

Potential resources: environment, technology, people

## Please remember.....

- Addressing one or two of the underlying causes of malnutrition is necessary but not sufficient to ensure adequate nutrition
- Understanding the cause(s) of malnutrition is critical in providing appropriate intervention.
- Seasonal changes occur in all 3 groups
  - <http://www.unicef.org/nutrition/training/2.5/17.html>

# Exercise

## What are the causes of malnutrition?



**Finally.....**

*When in doubt, consult a specialist or  
the reference materials!!!*

*Reference materials*

<http://www.unicef.org/nutrition/training/2.5/contents.html>